

## FAMILY RESOURCES

# COMMUNION BREAD

**THE GOSPEL READING FOR THIS WEEK IS John 6: 35, 41-51**

### *This week's theme*

This week's theme is 'Communion bread'.

### *Core extract from the Gospel (John 6: 35, 48-51; for reflection throughout the week)*

Jesus said, 'I am the bread of life.  
Your ancestors ate the manna in the wilderness, and they died.  
This is the bread that comes down from heaven,  
so that one may eat of it and not die.  
I am the living bread that came down from heaven.  
Whoever eats of this bread will live for ever;  
and the bread that I will give for the life of the world  
is my flesh.'

### *Gospel prayer (for use throughout the week)*

Lord Jesus Christ,  
you feed your people  
in the eucharistic feast.  
Come and stand among us  
when the bread is broken  
and when the wine is poured,  
that we may know your presence;  
for you are the Bread of Life.  
Amen.



*Things to think about*

- Think about times when you gather with friends and family and share food.
- How do these occasions make you feel?
- Do you have a special menu for these meals?

*Things to do*

- Try and find out about different types of communion bread used by different denominations.
- Write a blessing prayer to be used at meal times with your family,
- Unleavened bread

You will need: 1/3 cup oil (vegetable, canola, etc.), 3 tsp honey, 1/2 cup hot water, 1/2 cup milk or almond milk, 2 cups flour



Mix the oil and honey in a bowl and add the hot water.

Add the milk and mix until blended together.



Add the flour and mix until it forms a dough.

Knead the dough adding extra flour if it becomes sticky. On a floured surface, make the dough into circular loaves.



Bake at 218C/425F for twelve to fourteen minutes. Bake the loaves for seven minutes on one side and five to seven on the other. When loaves begin to brown slightly they are done.

Why not share your creations with us? We would love to see what you have been up to! Please email any photos to [education@liverpoolcathedral.org.uk](mailto:education@liverpoolcathedral.org.uk) or tag @LivCathedral on social media

Proper 14 (Year B) Sunday 8 August 2021